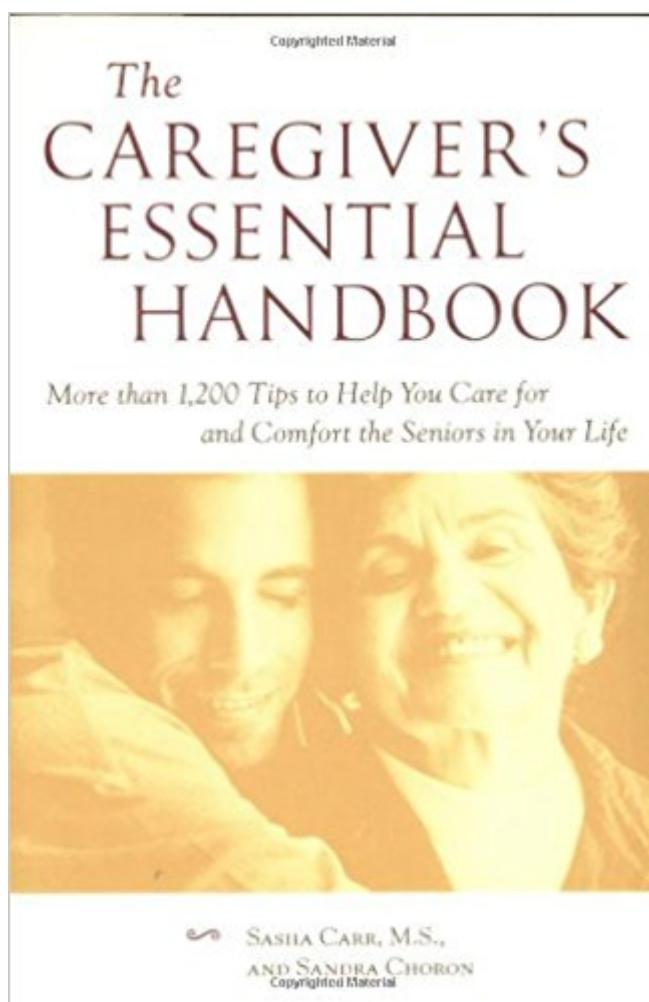


The book was found

The Caregiver's Essential Handbook : More Than 1,200 Tips To Help You Care For And Comfort The Seniors In Your Life



Synopsis

For the 54 million Americans who currently care for aging parents and loved ones, this important resource provides essential information for solving day-to-day problems in the real world. The Caregiver's Essential Handbook includes valuable insights and commonsense tips from those who have walked in their shoes: nursing professionals, physical therapists, social workers, and loving family members whose creativity and resourcefulness offer immediate help to those in need. Here are practical solutions for saving money on medication; getting doctors to really listen; making life easier for people who are visually, hearing, or mentally impaired; and most important, taking care of oneself.

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Customer Reviews

Practical, proven caregiver advice you won't find anywhere else Not so long ago it was your mother and father leading you down the road to self-sufficiency; now it's you they depend on as they come to grips with growing older and losing their independence. You're not alone. Fifty-four million adults find themselves falling into the role of full- or part-time caregiver for an aging or disabled family member. In The Caregiver's Essential Handbook, you'll find useful tips for meeting the changing needs of your loved one, such as: Getting organized: from locating important documents to simplifying financial issues Staying safe: from installing easy-access guard rails to protecting against fraud Dealing with health issues: from physical health to emotional well-being Navigating medical care: from a simple checkup to an extended hospital stay Searching for help: from home health care

to assisted living. The tasks of caregiving can seem insurmountable. With the financial headaches, physical challenges, and time commitments it's easy to feel overwhelmed. The Caregiver's Essential Handbook can help you manage the issues one solution at a time.

Sasha Carr, M.S., a doctoral student in clinical health psychology, focuses her research and clinical work on the health and well-being of elderly people and their caregivers. Sandra Choron is the author of several books.

I enjoyed reading this book greatly. It was full of ideas for ways to manage home caregiving and address the needs of your loved one. It does focus very strongly on keeping your loved one in the home, though. In my case, I needed a bit more help with a contentious relationship and trying to transition to assisted living than I found here; this is very situation-specific, though, and wouldn't be true for most people. If you are considering caring for a loved one at home, this book has many good ideas to help ease the daily struggles.

The book is a great resource for seniors, living on their own, as well as for caregivers. It is easy to read and there are tips that I never would have thought of.

A tremendous lifesaver for caregivers...As a clinical psychologist specializing in geriatrics, I am frequently asked to recommend resources for desperate and overwhelmed caregivers who don't know how to handle the tremendous burden of aging loved ones, particularly those who are dementing. Anyone who works in gerontology or is a caregiver herself, knows that caregivers have precious little time or energy for research and reading. They want PRACTICAL SOLUTIONS and ADVICE delivered in a way they can understand. Until this book, there hasn't been anything I could strongly recommend that is 1) accessible; 2) practical; 3) professional; 4) concise; and 5) pleasurable to read. I am thrilled that my colleague Sasha Carr, a specialist in health and aging, and Sandra Choron have finally given caregivers around the world such an expert, yet practical, compilation of information and advice such as: 1) 20 specific "Good Outings" 2) If your senior always wants to wear the same outfit, buy duplicates 3) Buy "Thick It" to add to thin liquids if your senior finds swallowing thicker liquids easier (very common) 4) If your senior balks at having her hair washed because it's disturbing for her to get water in her eyes, put petroleum jelly around her hairline before washing her hair. All 1,200 tips are divided into common-sense categories, making it easy to locate the information you need. Needless to say, the book is also chock-full of relevant

phone numbers and web sites in an Appendix, and also includes a helpful index. The Caregiver's Essential Handbook is just that, and has become the "go-to" guide that I now recommend to patients and caregivers..

This book is a compact, well written guide to helping those who care for seniors and seniors who care for themselves. It is short, simple, and well written. It is packed full of good advice and essential resources for seniors and those who help care for them. The book is divided into logical sections that deal with caregiver and senior issues. These issues are presented in simple bite sized pieces. They are easy to understand and easy to use. Most of the information is good advice for not only caregivers but all of us. Not only are the authors obviously experienced caregivers but they have inserted thoughtful anecdotes from people who are caregivers throughout the book. The authors are also quite obviously caring and concerned. One of their most salient points that they make over and over is that we will all be seniors at one point or another and we should look at the things we do from the point of view of the people who we are helping. This book is a must read for all of us. As the world population grows older, the advice in this book will become more and more topical for everyone. An excellent resource directory is presented at the back, packed with essential resources for seniors. These are great resources and highly useful to both seniors and caregivers. This is a terrific book and I highly recommend it to anyone who is a caregiver or a senior.

as a gift to Tommy, I love this product. I have a home based bakery and I was missing a good bread product. I like the design and quality of it! good product with high quality. will buy next time. Very well.

This is an extremely insightful and eminently readable guide for the many of us who are struggling to care for our aging loved ones. As a clinical psychologist working with families and specializing in child therapy, I have been uncertain how to advise parents when they describe the challenges they face with raising their children while also caring for their own parents and aging relatives. Now, with The Caregiver's Essential Handbook, I have an excellent source of practical information and advice to offer overwhelmed families. The 1,200 tips are clearly organized and easy to locate. There are invaluable phone numbers and web sites listed in the Appendix. All in all, one can just pick up this book for a few moments and gain a lot of invaluable information. I am extremely grateful that my colleague Sasha Carr and Sandra Choron have provided this wonderful resource. It will make a great difference in many families' lives.

I am a legal aid hotline attorney who frequently assists seniors as well as the owner of an online medical supplies and equipment business. This well researched and comprehensive book is full of helpful suggestions and a many excellent resources. If you are caring for a senior you will find a lot of great ideas in this book. Seniors may also want a copy for themselves.

Ordered this book from seeing it online. It was an easy read and I got a lot of tips from it (I started helping take care of my mother this year). Definitely recommend.

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